

Cassidy s Present (Paperback)



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Reviews

It is fantastic and great. Sure, it is perform, nonetheless an amazing and interesting literature. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Conor Grant)

CASSIDY S PRESENT (PAPERBACK)



Book s Mind, 2018. Paperback. Condition: New. Tenny Ostrem (illustrator). Language: English . Brand New Book ***** Print on Demand *****.Cassidy is a playful pup who likes the smell of flowers, the feel of the warm sun, and the taste of a snowflake on her tongue. Her human friends, Anna and Charlie, seem too distracted by the cares and concerns of their everyday life to join Cassidy as she frolics through the seasons. Follow Cassidy s friends as they slowly learn to appreciate the present moment and everything it has to offer. This is Cassidy s ultimate present to all of us. Learning how to soothe themselves is perhaps the most important skill children can learn. Whether we find calm by petting a dog, listening to music, or taking a few deep breaths, we can all find our way into relaxation and self-regulation. Finding our unique personal combination of ways to soothe ourselves is key to weathering the many ups and downs of life. It is wise to have a repertoire of calming techniques because one technique might not be available - it may not be possible to listen to music when we are stressed! Many of us don t address a child s stress or anxiety until it is a problem. However, we can help relieve stress and achieve a better quality of life more successfully if we build mindfulness and stress management into our daily lives. Leading by example is one of the best ways to foster a positive approach to handling stress and to teach the skills to address it. Whether we work with children in any of a variety of situations or just with our own child, we find that if a child experiences a lot of anxiety or has a panic attack, the most important...



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